

# Reconnect with your inner self



GRAND MERCURE  
BENGALURU GOPALAN MALL

## MASSAGES

### Swedish Massage

60 Min | INR 3300  
90 Min | INR 5000

### Deep Tissue Massage

60 Min | INR 3500  
90 min | INR 5300

### Indian Abhyanga

60 Min | INR 3300  
90 Min | INR 5000

### Jetlag Recovery

90 Min | INR 5500

### Potali Massage

60 Min | INR 4300

### Signature Tattva Therapy

90 Min | INR 5300

## BEAUTY ELIXIRS

### Floral Mist

45 Min | INR 3000

### Kalp Vriksha

45 Min | INR 3000

### Shine Facial

60 Min | INR 2500

### Prithvi (Clay Wrap)

30 Min | INR 2500

### Cleansing Facial

30 Min | INR 1800

### Vanilla & Nutmeg Smoothie

45 Min | INR 3000

### Young & Radiant Facial

60 Min | INR 3500

### Hydra Facial

60 Min | INR 4000

## EXPRESS THERAPIES

### Indian Head Massage

30 Min | INR 1700

### Oriental Back Massage

30 Min | INR 2000

### Leg Fatigue Reliever

30 Min | INR 2000

### Travel Energizer

30 Min | INR 2000

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## SPA SOJOURNS

### Deep Sleep

60 Min Deep Tissue massage  
30 Min Indian Head massage | 30 Min Leg Fatigue Reliever  
120 Min | INR 6500

### Nourish

60 min Choice Between Swedish, Deep Tissue  
or Indian Abhyanga Massage | 60 min Shine Facial  
120 Min | INR 5400

### Bliss (Couple Spa)

Choice of full body swedish, Deep Tissue  
or abhyanga massage  
90 Min each | INR 9500

### Serenity (Couple Spa)

60 min Choice between Full body Swedish, Deep tissue  
or Indian Abhyanga Massage | 60 min Shine facial  
120 Min each | INR 10800

### Replenish

60 min Indian Abhyanga Massage  
45 min Floral Mist Body Polisher | 30 min Prithvi wrap  
135 Min | INR 7900

### Unwind - Rewind

Avail any 5 massages of 60 min each  
(Choice of Swedish, Deep Tissue & Abhyanga Massage) Valid Only for 15 days  
300 Min | INR 14000